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GIFT

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NO. 4

# THE CALIFORNIA ECLECTIC MEDICAL JOURNAL

Incorporating

THE LOS ANGELES JOURNAL OF ECLECTIC MEDICINE  
AND THE CALIFORNIA MEDICAL JOURNAL.

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O. C. WELBOURN, A. M., M. D., Editor

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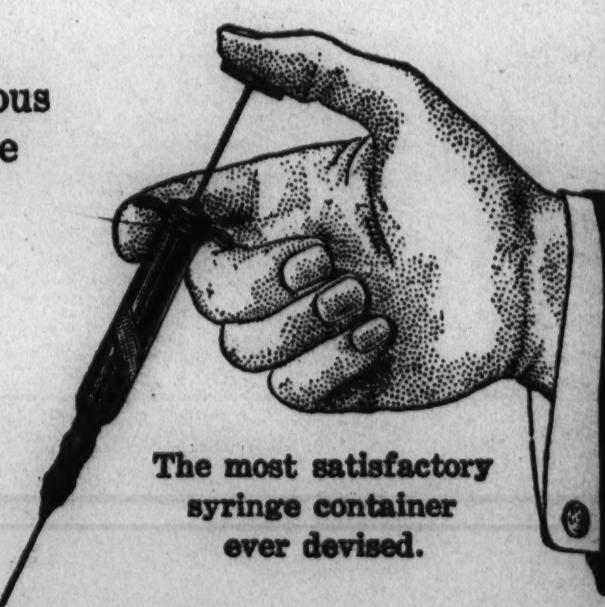
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111

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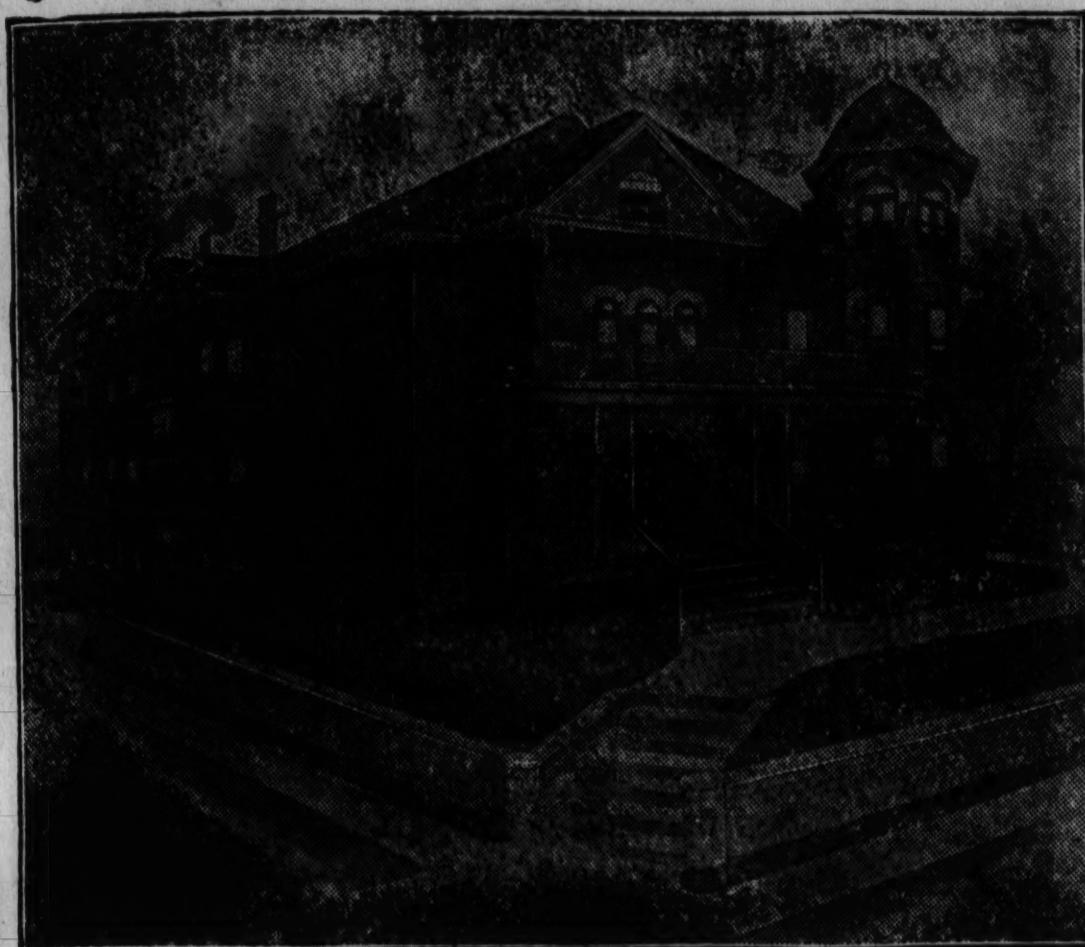
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# The California Eclectic Medical Journal

Vol. V.

APRIL, 1912

No. 4

## \* Original Contributions \*

### A PLEA FOR THE GENITO-URINARY.

I. V. Cole, M. D., Seattle.

Read before the Washington State Eclectic Medical Association.

The title of this paper is, at first glance, a little misleading. It is not an extenuation of the practices that lead to specific genito-urinary diseases or excuses for lapses of virtue.

To the general practitioner who never turns away a specific case, but prescribes and charges as big a fee as possible, meanwhile scorning to be classed in the same category as a Genito-urinary man, this paper is respectfully dedicated.

I once asked a professor in a medical college how he treated a case of specific urethritis. "Oh, just zinc sulphate and charge like H—;" he didn't say why. I again asked, for I thirsted for knowledge, how he treated Hunterian and other lesions, and he again answered, "Hurt them; make them jump to the ceiling and charge the limit." After questioning several hundred chronic specific urethritis cases for their history, the sameness of the story was marked. They had gone to their family doctor or a doctor and told their troubles, in the beginning. The family physician had moralized or laughed, written a prescription for Argyrol or silver preparation with methylene blue capsules and promised a "Sure cure. Ten dollars, please." Not improving very rapidly a return visit in ten days elicited another set of prescriptions just as expensive to get filled with no better results apparently. After a few weeks another physician is consulted with practically the same methods and like effect, and so on until the druggist and friends prescribe and hope is at last lost.

These cases will tax the patience of Job at this stage, but are curable if proper examination, diagnosis and specific treatment of the condition is instituted. Chronic cases are invariably strictured, have infiltrations, ulcerations, enlarged mucous glands, pockets that need treating individually or collectively and an enlarged tender prostate. Have seen several cases of venereal warts growing in the urethra that received treatment for gonorrhea. One in particular had the urethra so impacted for three inches that great difficulty was encountered in passing

a filiform boygie. This was treated by the common methods for two years.

My treatment for ordinary acute specific cases consists of hot irrigations at 110 to 120 F., with creolin solution or Lloyd's asepsin very mild, used once or twice a day at my office. Internal medicines are given as indicated symptomatically, Lloyd's Specifics usually having the first choice. Erigeron, Hydrangea, Gelsemium, Macrotyls, or if urine has high degree of acidity, acetate of potash with plenty of water as a dilutent. After the acute stage has passed, gradually add one of the Zinc salts, the sulphate or Sulphcarbolate or copper sulphate with a gradual increase in strength, but not enough to cause pain. After prostatic massage elicits no gonnococci, a gradual dilatation with sounds completes the cure, and it is cured to stay.

I use as a routine measure in both acute and chronic conditions, pus tubes as well, Calcium Sulphide or the double sulphide of calcium and magnesium in doses of one to two grains four times a day. The Sulphides induce intestinal antiseptic, inhibit pus and are tonic. Gonorrhreal rheumatism is not compatible with the sulphides and never occurs in a saturated patient. All cases need treatment that is tonic in character, as a gonorrhrea will pull a man down in weight almost as quickly as typhoid. An old physician cured a particularly aggravated chronic after half a dozen young doctors had exhausted the Pharmacopea and used all the new tools that had been invented the last ten years by simply ordering cold douches to the spine with a little nux internally.

Out of town work that cannot have the office treatment usually get Calcium Sulphide, four grains a day with an injection consisting of Lloyd's Hydrastis, Kennedy's light Pinus Canadensis, Bismuth subnitrate glycerine and water combined in proportions to suit the case. This to be injected slowly by a blunt-pointed syringe and held in the urethra at least ten minutes after micturition. The more Bismuth in that formula the better. An old-fashioned but little used combination in the declining stage and sometimes very effective remedy in the old rounders who think they must have Santol oil or the balsams is Santol oil mixed to a stiff paste with powdered cubeb. Take a piece the size of a hazel nut four to six times a day. All acute gonorrhreas have yielded to the above treatment, or variations of the same, and the modern saying: "Once a gonorrhrea always a gonorrhrea" has no foundation in a properly watched and treated subject. One might as well say, "Once the mumps always the mumps," because a testicle is permanently enlarged through careless treatment.

The real old chronic, discouraged, emaciated, God-forsaken

men that have made the rounds for a year or two until despair is written in large letters in the putty of their Balsam Copabia faces are the ones I welcome and give the glad hand. The first thing they get is a thorough examination to get at the foundation of their troubles. The bougie is the proper instrument to detect strictures, not a sound. Lubrication is with glyctrine as osmosis and depletion is indicated in the male urethra as well as in female diseases. The average case is strictured in several places and usually has a contracted meatus, necessitating meatotomy. Urethroscopy reveals a pale, lifeless membrane with white, shining fibrous bands and an occasional red spot of an erosion. The mucus glands are enlarged and working overtime. The picture presented is plain enough; in the nasal cavities we would call it catarrh and treat it accordingly by tonics, elimination and local applications. Palpation discloses the boggy feeling of a pregnant uterus with sometimes great congestive hypertrophy and tenderness on pressure. Microscopical examination of the prostatic secretion at this late stage is sometimes positive. I now tell my patient what I can do for him, approximately the length of time it will take and the cost, explaining that chronic cases need chronic treatment, or in other words, plenty of time to restore the weakened tissues and expect no miracles.

If we come to terms, I immediately start treatment by clearing the urethra of strictures. After filling the canal with 50 per cent solution of Enzymol (a solution of the gastric juice), a bougie with the negative pole of a galvanic current is now pressed gently against the constriction, and after a few minutes the obstruction is passed. An inspection of the bougie now will disclose a number of white, fibrous pieces adhering to it. They are the sad remains of the stricture. A continuation of this galvanism until the instrument passes freely through the entire length of the urethra, followed by gradual sound dilation every day, every other day or twice a week as is tolerated. Ulcerations are touched with pure silver nitrate melted on a wire and used through the urethroscope or wire speculum.

Individual toleration of urethral instrumentation varies greatly and undue discomfort and pain is carefully avoided. Jews and negroes are exceedingly susceptible to instrumental manipulations and are quite apt to take French leave after the first examination. I remember watching a friend of mine pass a sound into a very black African. After warning the patient that any movement on his part, even the wink of an eyelash would certainly mean instant death, a 26 French sound was selected and shot like a flash in and out of the bladder. The wild yell of pain and terror that victim emitted would have made a full grown cougar blush in shame.

**COMMON COLDS.**

**P. F. Bullington, M. D., Chico, Calif.**

What is a common cold? What does a cold signify? How may we prevent taking cold? What line of treatment gives the best results?

Acute cold is an infectious malady accompanied by a dry, swollen and congested mucous membrane throughout the general system.

The membrane of the nose is usually the first to suffer and is manifested by sneezing. The swollen condition of the membranes lining the nostrils and covering the turbinates obstructs the passage of air and we have mouth breathing as a result.

When the membranes of the throat and larynx are affected we have hoarseness as a manifestation of the trouble. If the membranes of the bronchial tubes suffer we have a dry explosive cough as a result.

If this congested state continues more than twenty-four hours it results in an inflammation of the various parts above mentioned when we have acute bronchitis, acute laryngitis and acute bronchitis, which is accompanied by excessive secretion of mucus and in most cases fever is also an accompaniment.

What does a cold signify? A cold signifies a weakened vitality, a lowering of the resistance of the vital force or if you please an opsonic index below par.

This may be due to one of many causes, or to a combination of two or more causes, such as digestive disturbances, over eating and drinking, or a lack of elimination of the poisons of the system due to constipation—in a word, autotoxemia.

A cold may be due to climatic changes, to exposure in cold, damp or wet weather, to going out too soon after taking a warm bath, to changing from heavy to light clothing and especially to going with wet and cold feet.

If we are used to living in over-heated rooms, and go out into damp or cold weather without first wrapping up well, we are most sure to take cold.

The most desirable temperature for the home in cold weather is from 65 to 70 degrees F. And for small children and old people as well as adults of low resisting power, the temperature should be kept even above 70 degrees.

Some would have us believe that bacteria are the cause of a cold, but this I do not believe; but on the other hand, I believe the bacteria found in persons suffering from cold are there as a result of lowered vitality; otherwise, colds would be more prevalent in warm weather when the air is teeming with bacteria of various kinds.

Another thought that is well worth consideration as a predisposing cause of colds in children, especially at the present time, when the schools are undergoing their mid-term examinations, is poor nutrition, due to over-mental exertion, loss of sleep and worry from fear of not successfully passing to a higher grade in their school work.

All of the above named causes tend to lower the resisting powers of the system, and colds are invited on the slightest exposure.

If one stands or sits in a draft of cool or cold air after taking a warm bath or changing from heavy to light clothing, or after violent exercise, the surface of the body soon becomes chilled, local congestion follows and a cold is the result.

How may we prevent taking cold? By right living; and in so doing, keeping the vital forces up to the limit of resistance.

Avoid the very things above enumerated as causes, and many others that will suggest themselves to you, such as excesses of all kinds. Keep exercising while exposed to cold or damp air. And if one lies down to sleep, they should be well covered, for the resisting power of the system is lowest while we sleep.

What line of treatment gives the best results? I have found an eliminative treatment to give the best results. The first thing to do is to open up the sewers of the system, viz: the skin, kidneys and bowels.

In the stage of congestion (early stage) give a saline purge. This will drain the system of its water and thereby set up active secretion and elimination. In the later stage, give a castor oil purge, or any good cathartic that will set up active elimination through the bowels.

The best treatment for an acute cold is a hot mustard water foot-bath, and Spc. Gelsemium gtt xx in a swallow of water on going to bed. This treatment seldom fails to break up the cold.

If coryza follows taking cold, give:

Rx	Spc. Gelsemium	3 ss
	Spc. Euphrasia	3 iv
	Aqua Chloroformia, q. s.	3 iv
M.	Sig. Teaspoonful 2 hours.	

If the cold is affecting the larynx and bronchial tubes, give:

Rx	Spongia	3 1
	Spc. Gelsemium	3 ss
	Spc. Sanguinaria	3 ss
	Syrup Simplex	3 1
	Aqua Chloroformia, q. s.	3 iv
M.	Sig. Teaspoonful 2 hours.	

If the cold is affecting the lung tissues or pleura, give:

Rx Spc. Asclepias

Spc. Serpentaria aa	ʒ iv
Spc. Gelsemium	ʒ ss
Syrup Simplex	ʒ 1
Aqua Chloroform, q. s.	ʒ iv

M.

Sig. Teaspoonful 2 hours.

If there is painful cough add Spc. Byrronia gtt x to any of the above prescriptions.

If fever is present, add Spc. Aconite gtt V to X. Where the pulse be full and bounding, add Spc. Veratrum gtt XX to the above prescriptions.

#### REPORT OF A SINGLE CASE OF ECLAMPSIA.

R. Munda Sinclair, M. D., Shasta Retreat, Cal.

Read before the California Eclectic Medical Society.

Patient married, of average previous health, history negative, age twenty-three years and pregnant eight months at time of attack.

The first convulsion occurred August 3rd, 1910, at Shasta Retreat, her home and family physician being in Redding.

There had been no unusual exercise except that the previous day she had walked two miles to Shasta Springs, having returned by train. Her family physician had never made a urine analysis, being disarmed by her apparent excellent health. Upon being summoned by a relative, I arrived before the first paroxysm had ceased; found her absolutely unconscious, the tongue impaled between her clenched teeth and frothing at the mouth. My first act was to hold a cloth saturated with chloroform to her nostrils, which soon relaxed her somewhat until the seizure had passed, after which she was left completely relaxed, livid, expressionless and unconscious.

Upon the return of consciousness a half hour later, she appeared thirsty, but not inclined to drink when offered water.

At this time I ascertained that the pulse rate was 130, full and bounding. I immediately administered moderate dosage of veratrum viride, at frequent intervals. I have since learned that the dose should have been much larger and would again, under similar circumstances, use from twenty to forty minims of the specific medicine.

A physician from Dunsmuir was hastily summoned and, early as expedient, her family physician. Nothing that we were able to do prevented a recurring seizure every two hours and ten minutes, extending over a period from 11:00 a. m. to 9:00

p. m., at which latter time she was in deep coma with sterterous breathing and with no return of consciousness since second attack.

As soon as it was possible to obtain urine by catheterization, we ascertained same to be heavy with albumen. As it was the wish of the family to await the arrival of her physician before attempting to deliver the child, we turned our attention to stimulating the skin and kidneys. Pilocarpin in small doses was administered by hypodermatic injection and with gratifying results, as the entire surface of the body became covered with moisture, breathing became more normal and the circulation somewhat relieved. We then used hot fomentations on the abdomen and gave an enema of normal salt solution; also gave one-half ounce of Epsom salts by mouth.

Upon the arrival of her physician and a trained nurse, we at once proceeded to the delivery of the child, using slow, manual dilatation of the cervix until natural labor pains commenced, when instruments were applied and the child delivered. During the delivery of the head another convulsion supervened which, in the opinion of those present, caused the death of the infant which was known to have been alive a few minutes previous.

After delivery, patient had no further convulsions, but remained in a comatose condition until 11:00 a. m. next day, just twenty-four hours after the initial attack.

Her subsequent questions revealed the fact that she had known absolutely nothing of the events of the preceding twenty-four hours, and even thought that she should return home for her confinement. She was free from pain and much less exhausted than might be expected.

Her convalescence was uneventful with the exception of two rather unusual hemorrhages, the first occurring on the tenth day and the other on the twenty-first day.

She is at present in excellent health.

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#### A DEMONSTRATION IN MATERIA MEDICA.

J. A. Munk, M. D., Los Angeles, Cal.

Read before the Los Angeles County Eclectic Medical Society.

I have heard the statement made at different times in my life that the medicinal value of any plant was affected whenever it was removed from its natural habitat and transplanted into some new environment of soil and climate; and that the change caused it to deteriorate. It is easy to say this, but is it really a fact, and has it ever been fully tested and proven? A recent experience may help to settle this question and yet not prove much, as "one swallow does not make a summer."

In our college we encourage the advanced students to do some office pharmacy and experiment with remedies in order that they may learn about drugs and know how to use them. For this purpose some roots of *Phytolacca decandra* were dug in the College Botanical Garden to be made into tincture. The poke root was the first agent selected from the garden for such an experiment and was a perfect specimen of its kind. The fresh root was cleaned and sliced and put into a glass jar and covered with strong alcohol, according to the formula for making saturated tinctures. Members of the junior class shared in this work and, during the time, each one present sampled some of the root by tasting. Only a little of the root was chewed in each case, yet all who indulged were made sick. The next morning when they met at the college and compared notes it was found that all had experienced an unpleasant irritation of the mucous membrane of the mouth and throat, with some degree of nausea. In one case it caused vomiting and in another purging.

A doubting Thomas in the class, who was absent at the seance and skeptical as to the effects reported, volunteered another experiment by trying some of the root upon himself. He was duly warned by the experienced of his classmates as to what would be the result, but he was game and proceeded to make the test. He chewed some of the root the same as the others had done and said that it did not taste bad and anticipated no bad effect. He soon after went into class and in a short time became very sick and had to make a hasty exit to relieve his stomach. Vomiting continued at intervals for some time, until he finally had to be excused and went home. The experience was a valuable lesson in drug proving that the students will not soon forget and all are now fully convinced that there is at least one drug that is capable of producing an appreciable effect.

The amount of root that was actually used in the experiment was very small and seemingly not enough to exert such an influence. As I remember seeing it used in a similar manner when I was a medical student in the East, no such an effect was observed, so that the Western specimen seems to have the original beaten. If the result means anything, it shows that its activity was increased by transplanting and removal from its native heath and not diminished; and proves the fallacy, often heard and stated at the outset of this paper, that any change of location and environment must necessarily depreciate its value. Ripe poke berries are said to be poisonous, yet the little birds feast on them with impunity and suffer no ill effects. Here is an

additional item of fact that should be investigated and may be taken up seriously at some future time. All of these things are something to think about and furnish material for study and reflection in an effort to find out the real cause of things.

Several years ago a few specimens of wild medicinal plants were gathered on an Ohio farm and sent to California and planted, where they have since made a surprising growth. Poke root, as well as all other plants from the rain belt of the East, do not propagate or grow readily in a dry climate without irrigation. To thrive they must be irrigated and cultivated like "garden truck," or they will wither and die. Siccity prevents them spreading promiscuously over the land as weeds and becoming a nuisance.

The phytolacca grows here to a larger size than I have seen it anywhere, and in the fall of the year, when the berries are fully ripe and black and the leaves and stems are a purple red color, it is a gorgeous sight to behold. The root grows to such an immense size, that to remove it from the ground, is like digging up the stump of a tree and is no small task. A year ago, when Dr. H. T. Webster, of Oakland, Cal., visited the garden he took some of the root home and tinctured it and has since then used it in his practice. He has assured me that it gives fine results and is satisfactory in every respect.

Some of the other plants that were brought from the East at the same time as the poke root have done equally well and also made a phenomenal growth. Later on these will likewise be made the subjects of experiment and their comparative values tested in the college clinic. *Sambucus Canadensis* is scheduled for an early investigation and next in order will come *Rumex crispus* and *Apocynum cannabinum*. The elder grows to a good size, but is no match for the Western variety, which often grows up into a tall forest tree from one to two feet in diameter. The blossoms and berries of the Eastern elder are just as attractive here as at home, but the birds are very fond of the berries and eat them as fast as they become ripe, so that an old-fashioned elderberry pie is a rare luxury. In the East the yellow dock is only a despised roadside weed, but here it is a thing of beauty with its great bunch of radical leaves, which are of a glossy olive-green color and marked all over by bright red lines. From a scant dozen sprouts the Canadian hemp has multiplied and grown so rapidly that in one year there is more than enough of the crude drug to supply the college clinic for a year, with plenty of the roots left over to grow another crop.

**THE PHYSICIAN.****E. Mather, M. D., LL. D., Detroit, Mich.**

Read before the California Eclectic Medical Society.  
Ladies, Gentlemen, and Worthy Colleagues:

We are met today to discuss all knowledge obtainable on the various subjects relating to Medicine, Surgery and Therapeutics, for the treatment of acute and chronic diseases. This makes a good all-round course of instruction, the various articles which are discussed at this meeting on *Materia Medica*, *Hygiene*; this also includes the diet, and choice of climate according to the requirements of the patient, for there are various forms and elements of nature, which can be pressed into the therapeutical service, such as water in its various forms; hot and cold, also the application of electricity, vibratory, and the arc light, etc.

The practitioner today must keep abreast with the ways and means of treating disease by therapeutics, for it has come to a system where the physician has to adopt all means for a cure. It is not like fifty years ago, I am sorry to say; it is not looked upon with dignity, but as a trade only—not a profession. You will hear it said, "Hello Doc," instead of "Good morning Doctor!" Formerly a physician was a nobleman or a man of title. If you travel abroad you will find the physician more nearly represents the clergyman, with his dress coat, silk hat, immaculate cuffs and spotless collar, polished shoes, all of which distinguishes him as a professional man. On his calls during the morning, after seeing his patients, by the way, he does not give prescriptions to be filled at the drug store, but the patient sends around to the dispensary or surgery, as it is called, and receives the necessary medicines, otherwise they go to a consultant, whom we would style a Specialist, and they pay from twenty-five to one hundred dollars for the prescription and consultation. Still I have found while in England that many have opened Dispensaries, as low as twenty-five cents for the call, and twenty-five cents for the consultation. This is their own fault for allowing so many open dispensaries and free hospital clinics. The physician of today wants to keep up to the times, and not forget that it is his stock in trade. Also, that he should be paid for his knowledge, which is, knowing how.

It behooves every physician to comply with the dignity of his calling. He must have, as I said, a neat, clean appearance, and be ready at a moment's notice to dispense his own medicines, so that the patients have the correct ingredients according as the case demands. Each and every physician would do well to so educate his patients and families whom he attends

of the necessity of calling in a physician at the first approach of disease or ailment, when thereby many lives might be saved which are lost from shocks and operation; not that operations are not necessary in many cases, but we have found in the American Cancer Research Society, Laboratory and Hospital in Chicago numerous cases that might have been saved untold misery had they approached their physician before allowing the disease to make such rapid progress.

The A. C. R. S., ladies and gentlemen, is doing a grand work for the elimination and treatment of Cancer and new growths, by various modes of treatment, each member receiving a report, giving data of the cases successfully treated, or any new discovery whatsoever made. I have traveled extensively in Europe, and both seen and treated such cases; also our President, L. D. Rogers, M. D., of Chicago, made an extensive trip last year, visiting the European hospitals and laboratories, noting the latest discoveries for the treatment in regard to the dreadful disease Cancer.

I would be pleased to have you think the matter over, write for printed matter. This is the way we started the Tuberculosis Society in Chicago and St. Louis some twelve years ago, I being chosen one of the first Vice-Presidents; and look where it is today. It is the same with this society, each member gets another member, and thus carry the good work on.

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#### AMYGDALUS PERSISA.

By John William Fyfe, M. D.

The common peach tree affords a medicament of considerable usefulness. It is not, however, employed as frequently as it might be with advantage. Amygdalus exerts a decided influence upon the nervous system, and also upon the circulation. Its tonic, sedative and antispasmodic properties have often been found superior to those of more popular drugs.

I have employed the specific preparation of the peach tree many years, and in my practice it has proved useful. In abnormal conditions characterized by irritability of the stomach, especially when there was nausea and vomiting, it has sometimes acted curatively after other favorite remedies had failed to produce the necessary results. A case of this character recently came under my care. An old lady, suffering from hemaphlegia, and who was in an extremely nervous state, was suddenly attacked by a severe irritation of the stomach. She could not retain food of any kind, and even a small quantity of water would cause severe pain and an urgent desire to vomit. The various methods and remedies prescribed failed to secure

the slightest relief. The patient's objection to opening her mouth caused delay in observing that her tongue was elongated and its tip and edges very red. These being plain indications for amygdalus, five drops of the specific medicine were added to four ounces of water, and the patient given a teaspoonful of the dilution every half hour. The first dose was not retained, but all additional doses were, and in five hours the woman was able to take carefully selected food. The acute tenderness over the stomach finally disappeared, and there was no more nausea or vomiting.

In gastritis, I have used amygdalus with gratifying results, and in diseases in which irritation of the throat and bronchial tubes is a prominent feature, especially when accompanied by an irritative cough, it has been beneficially employed. In irritable states of the bladder it has also given me much satisfaction. As amygdalus contains considerable prussic acid, caution should be exercised when administering it to feeble children.

Among the indications for the use of this agent, the following have been found especially valuable: Pointed and elongated tongue with reddened tip and edges; tenderness in the epigastrum; irritability of the stomach.

The dose of the Specific Amygdalus is from 1 to 10 drops, but the following constitutes a satisfactory manner of employing it:—Rx Amygdalus, v to xx; water  $\frac{3}{4}$  iv. Teaspoonful every half hour to every three hours.

#### ARTHRITIS.

B. R. Hubbard, M. D., Los Angeles, Cal.

Read before the California Eclectic Medical Society.

The term arthritis is applied to a general inflammation of the structures composing and surrounding a joint. The morbid state may be the result of one or more causes, viz: rheumatism, gout, specific disease, gonorrhœa, tubercular affections, traumatism and typhoid infection. The affection occurs as acute or chronic arthritis. Eruptive diseases and certain nervous affections frequently provoke the morbid condition.

Gonorrhœal arthritis is usually confined to one joint, the knee, ankle, and the elbow being the usual points of attack. However, the disease frequently attacks more than one articulation at or about the same time. When the joint becomes affected it usually occurs during the first month of the attack of urethritis and is thought to be due to the presence of gonococci of Neisser. The morbid state rarely ends in suppuration notwithstanding the fact the local state is usually due to active acute serofibrinous synovitis. Persons having this affection

once are prone to future attacks if gonorrhea is again contracted.

Arthritis following acute rheumatism is usually observed in adult life and is generally polyarticular, nearly every prominent joint of the system being to some extent affected. In differentiating this form of disease from the gonorrhreal type a correct diagnosis is often fraught with keen uncertainty, having only the history of the case to guide us which is in many instances very misleading. The anatomic changes frequently observed in rheumatic arthritis are the formation of new connective tissue in the structures in and about the joint, and cacoplastic deposit resulting from acute inflammatory action. In many cases the inflammatory action absorbs the synovial fluid, contracts muscular and tendinous structures which distorts the normal contour of the limb and ankylosis of the joints frequently results. The first symptomatic indications of the onset of rheumatic arthritis are heat, sharp pain in the joints, especially at night, stiffening of the joints which improves under massage and exercise, swelling about the joint with redness and usually attended with tenderness and crepitus on motion caused by the grating of denuded bone. Position of the part, being that of flexion and fixation, is observed in this form of the affection but is not alone a feature of this form of the disease, it being a characteristic of arthritis resulting from any of the many causes.

Syphilitic arthritis is usually observed during the eruptive stage of the specific disease, although arthritic complications are frequently met with during the late stages of the affection resulting principally from gummatous deposits in the structures about the joint. Here as in rheumatic arthritis a correct diagnosis will depend largely upon the history of the case together with perhaps microscopic examination of infected fluids.

Tubercular arthritis, or "white swelling" as some are pleased to term the morbid state, is frequently met with in the scrofulous and poorly nourished conditions of body. It is a fact not easily disproven that chronic joint diseases are, in the main, tubercular and that the tubercle bacillus is omnipresent in the vast majority of these cases. The disease is incident to childhood and has for its inception, in the vast majority of cases, an injury to the joint by a fall or other bruising force followed by inflammatory action with the usual cacoplastic deposit. The disease commences as an osteitis and soon extends to the synovial membrane and other contiguous structures. The cartilage is seldom the primary seat of the morbid state but is destroyed later on through inflammatory action. Tubercular taint in the parentage has but little bearing on the case in re-

view for, as stated above, the majority of cases usually have a history of traumatism as a causative factor. In grave cases of the disease where it commenced as an osteitis gradually extending to the adjacent tissues provoking a high grade of inflammation resulting in necrosis of the bony structure abcess formations often result which sooner or later complicates the contiguous structures producing what is termed periarthritis. About this time the patient will complain of rigors followed by fever and headache with an increase of local pain on motion and pressure. Only the prompt determination of the existing condition and the thorough evacuation of the purulent fluids will prevent rapid destruction of the joint structures. Should the morbid state manifest itself in the synovial membrane and adjacent tissues as is frequently the case in the adult the membrane becomes thickened with inflammatory deposits and frequently covered with a spongy granular mass that will give a sense of fluctuation akin to that obtained by palpating an abcess formation. Indeed this spongy state of the tissues about the joint is so marked in some cases that operative measures have been resorted to with the expectation of evacuating pent up fluids. These fungous growths often break down under cheesy degeneration in the adult forming abcesses which proves destructive to the joint unless the morbid state receives surgical attention early.

Arthritis often results from neuropathic causes, notably hysteria, and locomotor ataxia. In some phases of the disease the course resembles that observed following an attack of rheumatism. The swelling about the joint usually takes place suddenly, is not attended with marked symptoms such as heat, pain and tenderness; the increased swelling of the joint structure being the special feature in the case. The synovial membrane is usually the primary point of attack, however, the devitalizing state soon passes to other contiguous structures. The ankle and knee joints are perhaps the most frequently attacked but other joints may be severely crippled by the devitalizing forces at work. Fracture and dislocation have been known to take place as a result of structural degeneration of the joint.

In cases complicating locomotor ataxia the local disturbance is usually manifested following the lesion of the spinal cord.

The treatment of arthritis will require both medical and surgical measures, and the medicinal treatment, in the large majority of cases, will embrace both local and general means to meet the many phases present in grave attacks. As a general treatment that will be applicable to most cases may be

mentioned enforced rest, position, extension, and in some cases elevation. Then constitutional measures of importance will be a proper diet, suitable clothing, exercise, and the indicated remedies for the individual case under treatment. It is conceded by high authority that rheumatism and rheumatic arthritis is mainly due, or influenced by malnutrition and that the patient afflicted with the disease should be given a generous diet of good, wholesome, nutritious food, well cooked and served to meet the requirements of the individual case. If meat is relished the patient should not be deprived of it; it must be cooked properly and thoroughly digested. The same advice will hold good with regard to other articles of diet, care being taken, however, to not give to excess any one variety of food. If it is observed that acids disagree with digestion less of it should be used, and if sugar and starchy articles of diet provoke intestinal disturbance they had better be discontinued. As digestion and assimilation of food is of the first importance the diet should be a special feature of the treatment.

As sudden changes of temperature always unpleasantly affect those of a rheumatic tendency they should be clothed in garments that will guard against the chilling of the body and to prevent a too rapid evaporation of perspiration. Garments made from woolen texture will answer well in some cases, while in others a mixed texture of wool and cotton will give better results.

Special attention must be given to the functions of the skin, kidneys, and bowels that their eliminative powers be kept highly active. An alkaline bath can be taken daily to an advantage especially should there be some rise of temperature during the day. The bowels should be kept open with the saline laxatives which generally stimulate a slight diuretic effect on the kidneys.

When the patient's condition will permit and the weather conditions are favorable exercise in the open air will promote a better circulation of blood and a free perspiration which will prove beneficial in the large majority of cases.

Enforced rest will prove of much benefit during the stage of heat, pain, and congestion or irritation about the joint. If motion greatly increases the tenderness during the inflammatory stage it may be well to encase the joint for a time in a plaster-of-Paris cast which should be removed as soon as the acute stage has passed to prevent ankylosis. To restore normal action to the joint massage and enforced motion to a limited degree will avail much.

Topical applications to the joint of cooling lotions during

the inflammatory stage and stimulating liniments in chronic cases with massage and gentle friction will prove of decided benefit. As a cooling lotion the following mixture will meet the requirements in most cases:

R. Muriate of Ammonia, 3ij.

Tinct. Conium Mac., 3 j.

Aqua Dest., 3 xvj.

M. Sig.—Sop on the affected joint every half to one hour during the acute inflammatory stage. Benefit is obtained by evaporation.

A stimulating lotion useful in tender, subacute and chronic cases is prepared as follows:

R. Spirits of Turpentine, 3 ij.

Camphorated Oil, fl, 3 iv.

M. Sig.—Bathe the joints with brisk friction every three or four hours.

Much benefit is derived in these cases by wrapping the joints in several layers of flannel and subjecting the affected parts to dry heat in an oven properly constructed for this purpose. Great heat can be endured by this method of application but it is of doubtful utility in the acute stage of the attack. The heat may be carried to a point of 250 degrees to 300 degrees F., by properly protecting the joint with cloths to prevent irritation.

The medicinal treatment will have to be varied to suit the individual case applying for relief. During the acute stage if the tongue shows deep redness with a high range of temperature an occasional dose of dilute hydrochloric acid well diluted with water will prove of benefit taken in connection with the following mixture:

R. Spec. Tr. Veratrum Vir., gtt. xv.

Spec. Tr. Bryonia, gtt. x.

Aqua menthae piperita, fl. 3 iv.

M. Sig.—A teaspoonful every hour. In the subacute and chronic stage of the disease substitute colchicum for the bryonia. If the patient is restless and irritable, gelsemium in tangible doses will find a place taken singly or in connection with macrotys if there be present marked muscular soreness and frontal headache. If the tongue shows a pallid dirty coating an alkaline agent is indicated the most potent of which is sulphite of soda and the effervescent Alkalithia, an alkaline compound put up by Keasby and Mattison which will prove of great benefit especially should the fluids of the system show decidedly acid and the urinary secretion prove scanty. Apocynum should not be overlooked in cases showing oedema about the tissues of the joint.

In cases due to gonorrhreal infection, besides the general treatment advised in other forms of the morbid state, which will be of great benefit special stress should be directed to the importance of placing the part at rest and applying a plaster cast if effusion has not taken place. In cases where the effusion is present in large quantities either immobilize the joint with a suitable wire splint and make application of cold in the form of the ice-bag, or draw off the inflammatory fluid by aspiration and flush out the cavity with Thiresch's solution or a one per cent solution of protargol. If this flushing is done thoroughly much benefit will be soon observed. Following the flushing of the cavity the joint should be placed in a plaster cast until the tenderness has well subsided, when massage and passive motion should conclude the treatment. Care must be taken to evacuate the sero-purulent or purulent fluid at once after its presence is determined to prevent serious destruction to the structures of the joint. To prevent ankylosis in grave cases no better treatment can be followed than massage, passive and active motion in the absence of inflammation.

Arthritis due to syphilitic taint will be best treated by paying strict attention to the dietary of the patient, together with such tonic and stimulating medicinal agents as will whip up an appetite and improve digestion. An excellent systematic tonic in extreme weakness is the following: Fowler's solution, one drachm; the elixir of glycero-phosphate of lime and soda, six ounces; a small tablespoonful after meals in a wineglassful of water. If the tongue shows a leaden hue, or if it presents a dark red color, the acid solution of iron in two or three drop doses after meals, taken in a little water, will act kindly, as will patent doses of iodide of potassium three times a day taken in solution with tincture of gentian. In this form of the disease as well as in the other varieties the emunctories of the system must be kept in a normal condition. The local treatment will not differ from that followed in other forces of the morbid state.

Tubercular arthritis so frequently met with among the poorly nourished usually improves under a hygienic and tonic course of treatment. Peptics, tonics and stimulents whip up an appetite and improves digestion. The food should consist of well-cooked meats, pickled pigs' feet, eggs, custards, olive oil on salads and other suitable food, rich cream and fresh milk, graham and whole wheat bread.

Topical applications, such as equal parts of turpentine and camphorated oil, clove oil one part to alcohol three parts, chloroform liniment, and hot salt bags, and hot water bags, will be comforting by assuaging pain in most cases. In marked inflammatory states a rubber bag filled with cracked ice and ap-

plied to the joint with a layer or two of flannel adjusted between the skin and the bag to prevent a too profound effect, will prove highly beneficial.

Traction and fixation will benefit some cases of tubercular arthritis by overcoming spasm of muscles, thereby relieving pressure pain. The course seems best suited to sub-acute cases. It is the writer's experience that suitable traction benefits more cases than that of fixation by splints or the plaster cast. There is not much likelihood of ankylosis resulting from enforced rest by fixation; if it occurs it will likely be due to continual inflammatory action. As long as there is evidence of irritation about the joint, which will be indicated by tenderness and spasm of muscle the cast or the extreme apparatus should be worn, if the time be three months or six months.

In grave cases giving evidence of great quantities of tubercular deposit, in and about the joints especially, should there be destruction of the tissue resulting in abscesses, much benefit has resulted from the injection into the joint tissues of a ten per cent emulsion of iodoform in glycerine. If no benefit is derived from the injection of the emulsion within a reasonable time resort will be necessary to operative measures, such as laying open the tissues about the joints, curetting away all necrotic tissue, making extension, and treating the injured joint as we would a fresh wound. Abscess formations must be evacuated through a small incision, the cavity thoroughly cleansed with a one to three thousand bichloride solution, followed by the iodoform emulsion, an ounce or more being used, being governed, of course, by the extent of the cavity to be treated.

In place of the iodoform emulsion bismuth paste is preferred by surgeons who have given it an extended trial. The mixture is prepared by thoroughly mixing three drachms of subnitrate of bismuth in two ounces of liquid petrolatum or melted vaseline.

In grave cases where the above treatment proves ineffectual excision of the joint will be the next step, which will be followed, of course, by ankylosis, or amputation of the limb, where all forms of treatment fail to stay the progress of the disease and the patient's life is endangered.

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#### FOREIGN LETTER.

Letter from Doctor Webster.

S.S. Corona, Mediterranean Sea,

March 5th, 1912.

Editor California E. M. Journal:

Everybody has heard of Maderia wine. Its excellence has been extolled the world over, and high prices are paid for it by

# UNIV. OF CALIFORNIA.

those who consider themselves judges of a good article. As for myself, though my taste may be depraved, I very much prefer a good California product.

Maderia Island lies in the Atlantic Ocean, west of North Africa, about a day's run by steamer from Gibraltar. We were seven days out from New York when we steamed into the harbor of Funchal, the only city of any size in the group. Besides Maderia, there is the Island of Porto Santo, and three detached, barren masses of rock, very picturesque city, and it is approached from the sea; lying on terraces on the mountainside, the houses being cement, of a pinkish white hue, with red tiling roofs. Many of these are embowered in tropical foliage, the open spaces green with growing sugar cane and other crops, and flowers everywhere. The foliage is almost a counterpart of that of Southern California, though not so luxuriant.

To the tourist this city of 50,000 inhabitants presents a unique study. The streets and sidewalks are paved with pebbles from the sea beach, set edgewise, and, in many instances, arranged according to color or style of setting, in mosaic. Naturally we found the pavements rather peculiar footing, though the pebbles are not so large as to afford a very uneven surface. The common carriages of the place consist of sleds drawn by oxen. The runners are made of boards, rounded at both ends and iron shod, and on the runners is mounted a sort of coupe body, with two seats facing, the whole canopied and tastily decorated in colors (red cloth). One would expect a very tame ride in one of these vehicles, but the bullocks are wiry, sleek little fellows, small, compared with our oxen, and they get about over the pebbly streets with almost as much agility as a pony. Each equipage has two conductors. One of these goes in front to see that the way is clear, and as a leader; and another walks behind, on the right side, and carries a whip, though this is seldom used. We took a ride in one of these, and found it quite novel and exhilarating.

The principal amusement for tourists is a ride up the mountain by means of a cog-wheel railway, and a toboggan ride down, by way of wooden-shod wicker-basket sleds. The sleds are managed by a man on each side, who holds a rope, thus controlling the movements. As a novelty, it is rather pleasant, though not thrilling. The course down is through narrow, medieval streets, with open doors and women and children looking out, and this adds much to the interest of the occasion.

Maderia is about thirty miles long and eighteen wide. It is a mountain, risen from the sea, and reminds one of Catalina very much, though on a grander scale. The mountain is much more lofty. Funchal is set in a bay, much like Avalon, and

Porto Santo is simply a separated part of the same range. Christopher Columbus was once a resident of Funchal. The site of his home is pointed out, but the house was torn down to allow the passage of a new street. He married the daughter of the governor of Port Santo, and adopted Maderia as his home for a time, though he was, as we all know, much away from home, discovering new worlds. The islands belong to Portugal, and the inhabitants are nearly all Portugese. They are affable, lazy, contented and happy, and natural-born beggars. The tourist here is importuned from morning until night, by old and young, for "a penny." Nearly every one you meet, except the shopkeepers and other business men, is a beggar. This is the unattractive part.

Wine industry was once very extensive here, but a few years ago the pyleloexera or some other pest wiped out a large share of the vineyards, and sugar-cane and cotton growing have become of considerable importance. The soil is tilled in terraces, and every available space is utilized. The principal industry among the women is embroidery. Ladies who visit the shops here are infatuated with the attractiveness and cheapness of this kind of work. An embroidered dress that would bring forty or fifty dollars in California can be bought here for eight or ten.

A favorite method of money-getting with the young men and boys, is diving for coin in the harbor. Before our ship was anchored, upon our arrival, it was surrounded by rowboats, each containing two or more occupants, all clamoring for coin. Passengers were importuned to throw a shilling, a quarter, a half dollar, a dime, a nickel—anything, into the water, that it might be rescued; and they never let anything get away. For a shilling a boy dove from the bridge of the Corona, a height of at least sixty feet. These fellows reap quite a harvest, for them, for the average wages here amount to about thirty cents per day, for an able-bodied man.

We have seen the Rock of Gibraltar. I have always been under the impression that this was the continuation of a mountain range, reaching down from Spain into the Mediterranean; but Gibraltar is a mountain of rock, which stands alone, and falls abruptly, more so in fact than on the seaward side, where it faces the Spanish possessions. Between Gibraltar and Spain proper is a level plain, but a few feet above sea level, and three miles of this, reaching from the harbor on one side across the peninsula to the sea on the other is neutral ground. Of course we crossed this space to walk on Spanish soil. A village stands on the boundary—name now forgotten—and we were enabled to see something of life in Spain as it is actually lived. Further



around is Algeciras, in plain view from the harbor, of recent International Peace Conference fame.

Besides the famous rock, with its tunneled secrets of grim war, an attractive little city, nestling at its base, and crawling up its side, commands attention. In fact, the main attraction at Gibraltar is its shops, full of everything one can imagine; its donkeys, loaded with packs; its various costumes and people; its immense naval repair shops; its markets, as full of fruits, vegetables, fish, flesh and fowl, as the best of markets in California, and its busy and funny vehicles and harbor vessels of all styles and kinds.

The Spanish people still adhere to the old custom of using donkeys for their principal means of carriage. We met many of these. One donkey was loaded with a bulky pack on each side, each one larger than itself, and seated on these were two full-grown women; yet Mr. Donkey walked along without a "wabble," and seemed not to mind it at all. It astonished one to see the load these little fellows will carry. Gibraltar has not yet reached the street-car stage, though we saw plenty of them in Algiers.

The Moors of Gibraltar were an interesting study. Once the haughty possessors of Spain, they are now few and scattered; yet their proud and stalwart bearing and swarthy, pugnacious faces, betoken latent forces, which once aroused are not likely to be trifled with. They object very much to being photographed, and will hide their faces, if they detect any attempt at it. It represents the "Evil Eye" to them, and presages bad luck. Our guide succeeded in snapping one of them on the crowded street, and was detected just afterward by the subject. His scowl of rage and muttered malediction was almost terrifying; and if the act had occurred on the lonely desert, it might not have gone so well with Mr. Guide.

H. T. WEBSTER.

# THE CALIFORNIA ECLECTIC MEDICAL JOURNAL

The Official Organ of the Eclectic Medical Society of the State of California, the California Eclectic Medical College, the Southern California Eclectic Medical Association, the Los Angeles County Eclectic Medical Society and the Los Angeles Eclectic Polyclinic.

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Contributions, Exchanges, Books for Review and all other communications should be addressed to THE CALIFORNIA ECLECTIC MEDICAL JOURNAL, 818 Security Building, Los Angeles, California. Original Articles of interest to the profession are solicited. All rejected manuscripts will be returned to writers. No anonymous letters or discourteous communications will be printed. The editor is not responsible for the views of contributors.

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## WELL SAID!

The San Francisco Argonaut, in speaking of the California Board of Optometry, says some old things in rather a refreshing way. The following quotation is made with the suggestion that the reader may replace the word optometry with any other word that conveys a personal interest to him:

"This board consists of three members, and all of them have been removed for such offenses as meeting three times in one day and charging expenses for three days, giving banquets at the expense of the State, and paying salaries to politicians and attorneys who had done little or nothing in return. The Governor has now appointed three other men in their place, and if their scientific eminence is not exactly world-wide, we may at least be sure that their views upon the recall and referendum, as well as the divinely appointed wisdom of Governor Johnson are above reproach. And, of course, the machine must be recruited.

"Now, the new optometry board may be eminently respectable. Probably it is. None the less, this whole system of petty boards of control is a nuisance and an imposture, an unfailing source of scandal and a direct inducement to graft and blackmail. It would be safe to say that no human being in the State has been benefited by the optometry board or ever will

be. No one knows how many other boards there are of a like kind, arbitrarily appointed and with despotic powers over trades and professions. Doubtless we shall hear of some of them in due course as their misdeeds come to light or as their victims grow restive. Some time ago there was a well-engineered effort to place all music teachers under the control of one of these pestilent boards. No one was to be allowed to teach scales to a four-year-old tot without examination, fees and diplomas. That particular piece of humbug was nipped in the bud, but others, equally vicious, are allowed to creep through. Their success is due, first of all, to the mania for regulating and controlling everything and everybody in sight, and, secondly, to a natural administrative disposition to strengthen the machine. But there is only one result to this haphazard appointment of men who are empowered almost with life and death over members of trades and professions. The result is graft, blackmail and the theft of public money.

"The temptation to dishonesty is almost more than frail human nature can resist. These boards work practically without supervision of any kind, seeing that the public do not know of their existence. Not one citizen in ten ever heard of the optometry board or would know what it was if he had heard of it. And yet three men, working in obscurity, arbitrarily appointed, are placed in a position to confer favor or calamity upon hundreds of their fellow-citizens, and to impose their own standards of knowledge and skill upon any important trade. We all know what that means, what it has meant in the past, and what it will mean in the future. It is simply an invitation to graft, and it should cease."

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#### SOCIETY CALENDAR.

National Eclectic Medical Association meets in Washington, D. C., June, 1912. Dr. A. F. Stephens, St. Louis, President; W. P. Best, M. D., Indianapolis, Ind., Secretary.

Eclectic Medical Society of the State of California meets in San Francisco, May 28, 29, 30, 1912. H. Vandre, M. D., San Francisco, Cal., President; H. F. Scudder, M. D., Redlands, Cal., Secretary.

Southern California Eclectic Medical Association meets in Los Angeles in May, 1912. H. V. Brown, M. D., Los Angeles, President; Dr. W. J. Lawrence, Los Angeles, Secretary.

Los Angeles County Eclectic Medical Society meets at 8 p. m. on the first Tuesday of each month. B. R. Hubbard, M. D., Los Angeles, Cal., President; P. M. Welbourn, M. D., 818 Security Bldg., Los Angeles, Secretary.

**LOS ANGELES COUNTY ECLECTIC MEDICAL SOCIETY.**

The regular meeting of the Los Angeles County Eclectic Medical Society was held March 5th, 8 p. m., at the College Assembly Hall. On account of the welcome rain the attendance was somewhat decreased. Dr. Hubbard presided and in the absence of Dr. P. M. Welbourn, Dr. Barbrick was appointed to act as Secretary. The minutes of the previous meeting were read and approved.

Under the head of new business the sex hygiene phase of the campaign for medical control of our public schools was brought up by Dr. Barbrick, and after an animated discussion, pro and con, the following resolutions were unanimously adopted. (See below.) A motion to send a copy of the resolutions to The Express was duly seconded and carried.

In the absence of Professor Baird, who was to read the paper of the evening, Dr. Munk read an interesting paper entitled "A Demonstration in Materia Medica," which described some of the work that the College is doing by growing crude drugs in the Botanical Garden and making them into tinctures in the College Laboratory, as taught to the materia medica class, for the benefit of the students.

Dr. Baird's postponed paper will be read at the next meeting.

Adjournment.

B. ROSWELL HUBBARD, M. D., President.  
J. FRASER BARBRICK, M. D., Sec'y pro tem.

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**SEX HYGIENE RESOLUTIONS.**

At the regular monthly meeting of the Los Angeles Eclectic Medical Society, held Tuesday evening, March 5, 1912, the following resolutions were unanimously adopted:

"Whereas, we regard the perpetual efforts being made in certain circles of our profession for medical control of our public schools, as pernicious and wholly uncalled for either by the general public or taxpayer; and,

"Whereas, the proposed sex hygiene instruction in our schools is simply another phase of the never-ending campaign, which will stop—when, and,

"Whereas, the Los Angeles Express in its editorials has expressed our protests and sentiments completely; therefore,

"Be it resolved, That we hereby add our voice and influence against this attempted usurpation of the rights, privileges and responsibilities of parents, as such instruction would be and such unnecessary medical activity is in fact;

"Resolved, That we endorse the attitude of The Express on this subject and extend to its able editor, Mr. Edwin T. Earl, our hearty appreciation of the sentiments expressed in his editorials and of the firm stand he has taken in this matter.

"B. R. HUBBARD, M. D., President.

"J. FRASER BARBRICK, M. D.,  
Secretary, pro tem."

The above resolutions were published in the Los Angeles Express and received the following editorial mention:

**"Medical Freedom.**

"The Express acknowledges with profound appreciation the receipt of resolutions adopted by the Los Angeles County Eclectic Medical Society, endorsing its attitude on the subject of sex hygiene instruction in the public schools. The society deprecates and condemns as pernicious 'the perpetual efforts being made in certain circles of our profession for medical control of the public schools.'

"It rightly declares the proposed sex hygiene instruction to be but 'another phase of this never-ending campaign,' and adds its voice and influence 'against this attempted usurpation of the rights, privileges and responsibilities of parents.' Holding such views, it is but natural that the society should feel moved to commend The Express for the part it has borne in the campaign.

"We welcome the commendation as evidence of appreciation of the fact that this newspaper entertains no partisan convictions whatever in this nation-wide contest for medical freedom. It advocates and defends no school of medicine or of medical practice. It is for freedom for the people—for the right of the individual to select the method of healing that commends itself to his judgment and conscience. It would stoutly resist any attempt on the part of any school to employ the power of government in behalf of an endeavor, through law, to establish a monopoly. It would have all practitioners, whether of the allopathic, homeopathic, osteopathic, hydropathic or eclectic schools or any other, Christian Science practitioners and all others, placed on a plane of absolute equality before the law, not that it is concerned in them or their schools, but because it is deeply concerned that the people shall be free.

**STATE SOCIETY NEWS.**

The following is a complete list of the Section Officers for our next Annual Meeting to be held in San Francisco, May 28, 29 and 30:

**Section I—Practice of Medicine.**

President—E. A. Ormsby, M. D. -----Concord  
Secretary—Dr. Ada Scott Conner-----  
----- Garden City Bank Bldg., San Jose

**Section II—Surgery.**

President—George G. Gere, M. D., Pacific Bldg., San Francisco  
Secretary—B. R. Hubbard, M. D.—Ferguson Bldg., Los Angeles

**Section III—Materia Medica and Therapeutics.**

President—John Fearn, M. D., P. O. Box 364-----Oakland  
Secretary—Oran Newton, M. D.-----Long Beach

**Section IV—Gynaecology and Obstetrics.**

President—O. C. Welbourn, M. D., Security Bldg., Los Angeles  
Secretary—Hannah Scott-Turner -----Pomona

**Section V—Pathology, Bacteriology and Serumtherapy.**

President—Charles C. Clark, M. D., Pacific Bldg., San Francisco  
Secretary—Dr. Pina Welbourn, Security Bldg.----Los Angeles

**Section VI—Electro Therapeutics.**

President—A. L. Conrad, M. D., 517 So. Broadway, Los Angeles  
Secretary—W. M. Forster, M. D., 709 Van Ness Ave.,-----  
-----San Francisco

**Section VII—Pediatrics.**

President—Dr. Florence Temple, 1164 O'Farrell St.-----  
----- San Francisco  
Secretary—Dr. R. Muda Sinclair, 2871 Octavia St.-----  
----- San Francisco

**Section VIII—Eye, Ear, Nose and Throat.**

President—H. W. Hunsaker, M. D., Pacific Bldg., San Francisco  
Secretary—J. F. Barbrick, M. D., Consolidated Realty Bldg.  
----- Los Angeles

Undoubtedly most of the members have already been solicited for a paper for one of the various sections. If on account of pressure of business or any other reason you have put the matter aside and not answered the letter, let me urge you to do so now. Prepare a paper and bring it with you to the meeting. Send the title to the secretary of the section. We want short, interesting papers that will provoke a lively discussion and be

of benefit to all of us. From the late correspondence the outlook is very encouraging, the Society receiving several renewals from members who had practically dropped out, and several new applications. From various sections of the state come reports from our men stating their intention of being present and furnishing a paper. So "get busy" and do your part.

Sincerely,  
H. FORD SCUDDER,  
Secretary.

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#### COLLEGE NOTES.

##### Herbert T. Cox.

Some of the herbs at the College Botanical Garden have grown so prolifically that there is an abundance of them; more than is necessary for demonstrative purposes in the Materia Medica class. So Dean Munk has decided to have the extra quantities worked up into tinctures by the students, in connection with the clinic. This adds another feature along the line of practical work in Pharmacology which may be considered an unique idea, as the art of preparing drugs has nearly become lost to the modern medical student. This should impress the student with the physical properties as well as the physiological properties of his vegetable armanentarium. Dean Munk has brought up specimens of Phytolacca, Anemopsis Californica and Apocynum, which have been tinctured; and others will be brought along in their proper seasons. Recently, when Dr. Carr of Nebraska and Dr. Lindley of this city visted the College, they were quite impressed with this feature of the work.

The books which heretofore were distributed around the College in various rooms have all been moved into one room, which will now serve as a library and study room. This is appreciated by the students because it gives them a quiet room for study and where they have all the books handy for reference.

Dean Munk has had several lockers placed in the College Assembly Hall for the convenienc eof the boys. This, too, is greatly appreciated by the boys, because they can keep some of their text-books, medicine cases, etc., handy for use when needed.

Several candidates for the State Board examinations are plugging away hard every day in the quiz course, which is being given by some of the professors. Study hard, boys! We feel sorry for you and hope by all that's good and bad, that you get through the State Board in April. The rest of us hope to be in the same situation some of these days.

The Freshmen have had their first taste of a final examination, Professor Newton having given his final in Hygiene. If it didn't taste good to you, boys, just brush your mouth out well and get ready to try some more.

We are all glad to have Mr. H. R. Evans back with us after his short absence.

Mr. F. S. Kurpiers now makes a specialty of testing drugs by chewing the crude article. From practical experience he now understands thoroughly the Emetic and Cathartic actions of Phytolacca Decandra.

Dr. Conwell of Boston, Mass., is a late addition to the quiz class.

Professor (in clinic quizzing Chorea patient)—Do you have much trouble feeding yourself?

Patient—More trouble than anything else when I am out of work.

Professor—What is a glomerli?

Student—It is an artery convoluting around upon itself.

#### NEWS ITEMS.

From the number of inquiries and requests for catalogues that are being received, it would seem that the California Eclectic Medical College is still on the map.

In a recent letter from Dr. J. C. Andrews, formerly of this city and later of Iompec, Cal., but now living at No. 1602 Master street, Philadelphia, Pa., he laments the wintry weather of the East and wishes he was back in sunny California.

The frequent deaths that are reported as happening by the bathtub route would make it appear that this necessity of modern times is a dangerous invention. Nevertheless, personal hygiene demands that an occasional bath be taken.

To the old veterans the ten sumptuous volumes of the Photographic History of the Civil War, containing over 3000 pictures of army life, with a full description of the same, are of absorbing interest. They bring back with startling distinctness scenes of the camp and battlefield, that are as real to those who engaged in the strife as were the days on which the events occurred. Every phase of army life is here depicted, even to the presence of civilians in camp, the dignified senator in his high plug hat and the "visiting lady" in her wide hoop skirts, which was the fashion in those days.

The monthly meetings of our County Medical Society are always large. The members who do not attend don't know what they miss.

Dr. E. A. Carr, inspector of medical colleges for the American Confederation of Reciprocating, Examining and Licensing Medical Boards, with Dr. Walter Lindley, President of the California Board of Medical Examiners, called recently to inspect the California Eclectic Medical College. After their visit the following mention appeared in the Southern California Practitioner: "While the accommodations and equipment of this school are not extensive, yet they did appear to be doing serious work. They have in connection with the school a Botanical Garden, from which they take the crude drug and make tinctures and fluid extracts in the laboratory of the college. When we were there they were at work on the Yerba Mansa and Phytolacca Decandra. We think that the Eclectics are doing a useful work in keeping alive an interest in roots and herbs. There is practically no work of this kind being done in our leading medical colleges. Who knows what the whirling of time may bring around?"

In response to a popular demand for information on vegetable *materia medica* the U.S. Government, through its Agricultural Department, has issued Bulletins No. 89, 139 and 188, which describe many of our common medicinal plants and give their uses. Dr. Walter Lindley's favorable mention in his medical journal on work that is being done in the laboratory of the California Eclectic Medical College, is, also, along the same line. They show that drug-plant investigation is again in vogue, in which work the Eclectic or American Medical school of medicine has been engaged and taken a leading part for nearly a century.

Dr. W. L. Conwell of Boston, Mass., is visiting in Los Angeles. After looking around he has decided that this city is as interesting a place as Boston—an unusual admission from a dweller of the Hub.

The supreme court of Illinois recently decided that it was illegal to pay an appropriation of \$50,000 to the medical department of the University of Illinois. The suit was first brought in the County Court by Dr. W. E. Neiberger, President of the State Homeopathic Association, where the case was dismissed, when it was appealed to the Supreme Court and won. This occurrence and some other recent events show that the medical trust is not yet in full control, but dangerously near.

Dr. Munk's two Arizona articles in the February and March journals, entitled "A Visit with Dr. Kunze" and "Castle Hot Springs, Arizona," were both reproduced in the Arizona Republican, with commendatory editorial comments.

Dr. J. F. Willard was suddenly called East to attend to some property losses that were caused by fire.

Dr. F. V. Mohn of San Pedro, California, is giving a special course of lectures to the advanced students.

#### **THE SUPERIORITY OF COD LIVER OIL IN PALATABLE FORM.**

Whilst none questions the nutritional and therapeutic properties of cod liver oil, yet what avails it when its administration provokes gastric disturbance? If the gastric function be interfered with by the oil, it were better not to give it. Chemists long ago began endeavors to overcome the undesirable features of the oil, and how well they have succeeded is shown in that most palatable, and yet efficient product, Cord. Ext. Ol. Morrhuae Comp. (Hagee) which, while possessing all of the food and medicinal virtues of the plain oil, is agreeable to the most exacting stomachs, even when continued over long periods of time. Cord. Ext. Ol. Morrhuae Comp. (Hagee) as a reconstructive will prove highly serviceable in the many debilitated conditions, in which it is indicated, and the physician ordering it will be gratified at the results produced.

#### **A PLEASANT, EFFICIENT LAXATIVE.**

The desirable qualities of a first-class laxative are efficiency and freedom from unpleasant taste. The lack of either to just that extent disqualifies the product for use in the treatment of chronic constipation. That it is difficult to find a palatable and efficient laxative in the same medicament is a pretty generally accepted fact. It is possible to do so, however, and Cascara Evacuant may be cited as proof of that possibility. This preparation is pleasant in taste, and in doses of 15 to 30 minims in water it performs its duty quickly and well, without incidental nausea or distress. That is why children rarely object to taking it, and adults prefer it to other preparations.

The product is manufactured by Parke, Davis & Co., and is procurable from any well-stocked retail pharmacy. To avoid confusion with other so-called aromatic cascarias, however, it is well to specify clearly "Cascara Evacuant, P. D. & Co."

## A DELIGHTFUL REVELATION

The value of Senna as a laxative is well known to the medical profession, but to the physician accustomed to the ordinary senna preparations, the gentle yet efficient action of the pure laxative principles correctly obtained and scientifically combined with a pleasant aromatic syrup of California figs is a delightful revelation, and in order that the name of the laxative combination may be more fully descriptive of it, we have added to the name Syrup of Figs "and Elixir of Senna," so that its full title now is "**Syrup of Figs and Elixir of Senna.**"

It is the same pleasant, gentle laxative, however, which for many years past physicians have entrusted to domestic use because of its non-irritant and non-debilitating character, its wide range of usefulness and its freedom from every objectionable quality. It is well and generally known that the component parts of Syrup of Figs and Elixir of Senna are as follows:

Syrup of California Figs . . . . .	75 parts
Aromatic Elixir of Senna, manufactured by our original method, known to the California Fig Syrup Co. only .	25 parts

Its production satisfied the demand of the profession for an elegant pharmaceutical laxative of agreeable quality and high standard, and it is, therefore, a scientific accomplishment of value, as our method ensures that perfect purity and uniformity of product required by the careful physician. It is a laxative which physicians may sanction for family use because its constituents are known to the profession and the remedy itself proven to be prompt and reliable in its action acceptable to the taste and never followed by the slightest debilitation.

### ITS ETHICAL CHARACTER.

Syrup of Figs and Elixir of Senna is an ethical Proprietary remedy and has been mentioned favorably, as a laxative, in the medical literature of the age, by some of the most eminent living authorities. The method of manufacture is known to us only, but we have always informed the profession fully, as to its component parts. It is therefore not a secret remedy, and we make no empirical claims for it. The value of senna, as a laxative, is too well known to physicians to call for any special comment, but in this scientific age, it is important to get it in its best and most acceptable form and of the choicest quality, which we are enabled to offer in Syrup of Figs and Elixir of Senna, as our facilities and equipment are exceptional and our best efforts devoted to the one purpose.

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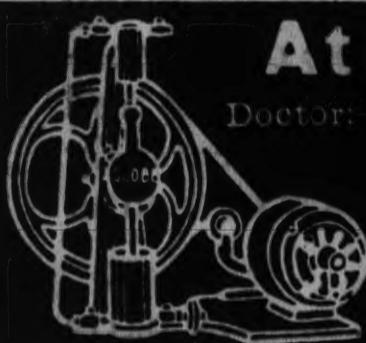
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**WOULD YOU FORGET THE UNTOWARD EFFECTS OF  
CHLORAL AND THE BROMIDES?**

This heading must possess much interest for those physicians who have widely employed chloral and the bromides, and who have never quite forgotten the dangerous possibilities attending their use. It is true they possess great therapeutic activity, yet occasionally evils of a greater or less degree have followed their use, particularly if it be long continued. A great many physicians have gotten entirely away from chloral and the bromides, finding in PASADYNE (Daniel's Concentrated Tincture of Passiflora Incarnata), the every good quality of the drugs above named and none of their bad effects. PASADYNE, for this reason, is superior to these drugs and may profitably be employed in their stead. No habit will follow its use. It is free from the toxic properties of chloral and the bromides. If you would forget the untoward effects of chloral and the bromides, resort to PASADYNE. A sample bottle will be furnished if application be made to the Laboratory of John B. Daniel, Atlanta, Ga.

Battle & Co. have just issued No. 18 of the Dislocation Charts, which completes the set. They will be sent free to Physicians on request. Also Fracture and Tumor charts, if desired.

## THE BOOK YOU SHOULD BUY

### "DEFINITE MEDICATION"

Contains therapeutic facts gleaned from forty years' practice, by Eli G. Jones, M.D., a physician of national reputation and a well-known contributor to medical journals.

It gives the doctor the best there is in medicine for his patients. It is the record of a successful physician, and tells the story how he cured his patients.

It tells you how to prescribe for the sick intelligently, rapidly, and successfully. No matter what school of medicine you belong to, you will need this book on your desk for daily reference.

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"DEFINITE MEDICATION" contains about 300 pages of practical instruction, and is sold at \$2.50 prepaid.

Published by

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703 Washington Street, Dorchester District, Boston,

Send the above \$2.50 for a copy today. It will pay you.

As the black man rolled off the table and made for the door groaning loudly, my friend turned to me with a bland smile on his fat face and remarked: "That's the way to pass a sound, my boy; work fast and get the money."

When all of the evident lesions in the urethra are removed, the prostate massaged twice weekly and still a catarrhal condition exists, I switch to a high frequency electrode first in the urethra, then one per rectum against the prostate and continued thrice weekly until well. This, then, is in the rough, my way of handling the "G. U.," who I find is a human being after all, and susceptible to humane as well as scientific treatment, who pays, and if pleased, sends his friends.

A fine lot of sixty odd wild medicinal plants from the woods and fields of Indiana were received during the month of November, by express, for the College Botanical Garden, from Dr. Edward L. Welbourn of Union City, Ind. The specimens have been planted for the time being in nursery rows and later will be transplanted in permanent locations. The Garden is rapidly filling up and is getting crowded for space; but all donations of local and foreign plants intended for experiment, will be thankfully received and carefully cultivated.

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Dr. J. A. MUNK, Dean.

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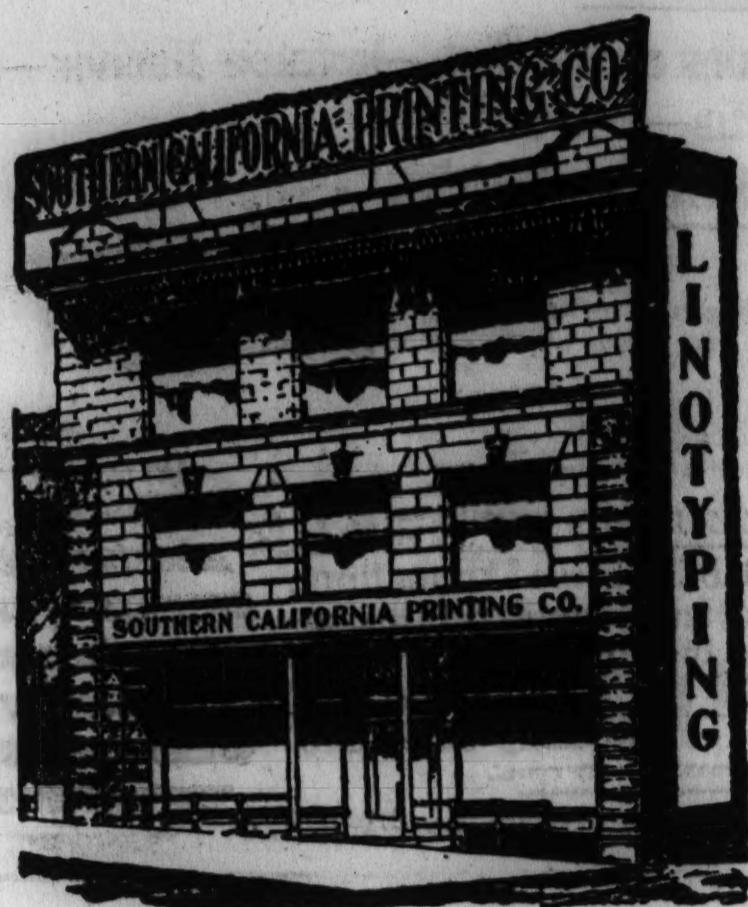
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## Table of Contents

### **ORIGINAL COMMUNICATIONS:**

A Plea for the Genito-Urinary, I. V. Cole, M. D. -----	83
Common Colds, P. F. Ballington, M. D. -----	86
Report of a Single Case of Eclampsia, R. Munda Sinclair, M. D. -----	88
A Demonstration in Materia Medica, J. A. Munk, M. D. -----	89
The Physician, E. Mather, M. D. -----	92
Amygdalus Persisa, John Williams Fyfe, M. D. -----	93
Arthritis, B. R. Hubbard, M. D. -----	94
Foreign Letter, H. T. Webster, M. D. -----	100

### **EDITORIALS:**

Well Said -----	104
-----------------	-----

### **SOCIETIES:**

Society Calendar -----	105
Los Angeles County Eclectic Medical Society -----	106
Sex Hygiene Resolutions -----	106
Medical Freedom -----	107
State Society News -----	108

### **COLLEGE NEWS**

NEWS ITEMS -----	109
------------------	-----

NEWS ITEMS -----	111
------------------	-----

## Index to Advertisers

Abbott Alkaloidal Co. -----	xviii	John B. Daniel ..... . . . . .	Cover 4
American Apothecaries Co. -----	x	Katherine Chemical Co. .... . . . .	III
American Medical College..... . . . . .	vi	Katherine Chemical Co. .... . . . .	xv
Antikamnia ..... . . . . .	viii	Lloyd Bros. .... . . . . .	ii
Antiphlogistine, Denver Chem. Co. . . . .	i	L. A. Eclectic Polyclinic ..... . . . . .	iv
Battle and Co. ..... . . . . .	viii	M. J. Breitenbach Co. .... . . . . .	ix
Bevinine Company ..... . . . . .	vii	Od Chemical Co. .... . . . . .	xiv
Bristol-Myers Co. ..... . . . . .	vii	Pacific Surgical Mfg. Co. .... . . . . .	xvii
California Eclectic College..... . . . . .	iv	Parke, Davis and Co. .... . . . . .	Cover 1
California Fig Syrup Co. .... . . . . .	xi	Peacock Chemical Co. .... . . . . .	vi
Chas. N. Crittenton & Co. .... . . . . .	x	Phelan's Addition, Oklahoma City. .... . . . . .	xvi
Chicago Medical Times..... . . . . .	xv	Ralph Sanitarium ..... . . . . .	xii
Chicago Pharmacal Co. ..... . . . . .	xiii	Rio Chemical Co. .... . . . . .	xii
Dad Chemical Co. ..... . . . . .	xv	Santa Barbara Sanitarium. .... . . . . .	vi
Delmal Linen-Mesh Co. .... . . . . .	ix	Sam J. Gorman Co. .... . . . . .	iv
Eclectic Medical College ..... . . . . .	xii	Southern California Printing Co. .... . . . . .	xiii
Fellows Co. .... . . . . .	Cover 2	Sultan Drug Co. .... . . . . .	xvi
Globe Mfg. Co. .... . . . . .	xii	Weetlake Hospital ..... . . . . .	III

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